

02 JUNE 2014

# Pass it on...

*\*FOLLOW FORT CARSON ARMY COMMUNITY SERVICE ON TWITTER... @FORTCARSONACS\**

## AEROBATHON (FLYER)



**aerobathon**  
*working out your way*

**June 21, 2014 / 9-11 a.m.**  
**Iron Horse Physical Fitness Center**

**Try out different classes:**  
*Zumba, Spinning, TRX and/or Yoga*

**FREE ADMISSION**  
Anyone with a DoD ID, 18+

Questions? Call 526-2706



 More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)

 Iron Horse Sports/Fitness Center  
CarsonDFMWR

 @ftcarsonnow  
#CarsonMWR

 Iron Horse Physical Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913

**SPONSORED BY:** Salad Master, The Exchange Beauty Shop, GNC, Peoples Mortgage,  
Redstone College, Al Serra, Beach Body, Qdoba, Jamberry

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## **BLOOD DRIVE JUNE 3-4**

Fort Carson and the Armed Services Blood Program, out of Fort Bliss, Texas, host a blood drive to support troops overseas and in America, June 3 and 4 from 10 a.m. to 4 p.m. at the Special Events Center. The Armed Services Blood Program is the official military blood program and is a tri-service organization comprised of donor centers from the Army, Air Force and Navy. Donations directly support military servicemembers and their Families worldwide to include military hospitals, ships, combat support hospitals and medics on the front line. While ASBP's first priority is providing for wounded warriors in overseas operations, they also provide blood to Soldiers, Family members and retirees at military treatment facilities as part of their support to William Beaumont Army Medical Center's Transfusion Services. All blood types are encouraged to donate. The donation process takes approximately 45 minutes to an hour, with the actual donation lasting approximately four to six minutes. The blood drive is for all military identification card holders, retirees and family members; providing they are healthy, over the age of 17, weigh at least 110 pounds and have not donated blood in the last 56 days. "Healthy" means that you feel well and can perform normal activities.

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## **CAREER DAY (FLYER)**

**C**ome Dressed for Success.  
Companies will size you up based on your appearance and overall presentation.

**A**sk for information.  
Be interactive, ask for information, application materials and the interviewer's business card.

**R**eady to go.  
Think of it as an on-the-spot interview. Smile, respond honestly and provide relevant skills & experience.

**E**xhibit Why You Should Be Hired.  
Have your resume, portfolio and/or business cards. Show them why you would be an asset.

**E**nd of the Interview.  
Offer a firm handshake, confirm your interest and leave with confidence.

**R**einforce yourself.  
Follow up by sending a thank you note or phone call. Demonstrate that you are interested in the job.

**ARMY COMMUNITY SERVICE**  
**ACS**  
Real-Life Solutions for Successful Army Living

**CAREER DAY**  
**Friday,**  
**June 20, 2014**  
**10:00 a.m. to 2:30 p.m.**  
**Special Events Center, Building 1829**  
**Corner of Specker Avenue & Prussman Boulevard**  
For details, call (719) 526-0452

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## **"D-DAY REMEMBERED, A LIVING HISTORY DAY (FLYERS)**

Free event!

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THE 4<sup>TH</sup> INFANTRY DIVISION MUSEUM and  
COLORADO MILITARY HISTORY GROUP

Present

# **"D-Day Remembered" A Living History Day**

Held on Saturday, 7 June, 2014

Between 08:30 A.M. and 04:00 P.M.

At the Fort Carson Gate 1 Entrance (off Rt. 115)  
and in the Museum Vehicle Park Area

Activities will consist of:

- World War II Re-enactors
- A machine gun nest
- A grenade throwing range (for kids)
- A blank-fire power display, beginning at 1300 hours
- A field phone "Commo" system set up
- Display, will be two ¼ Ton Jeeps and one ½ Ton truck.
- And much, much more...



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Contact Scott Daubert or Tom Silvis at Phone 524-0915 for further details

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**LIVING HISTORY DAY**  
**D-Day Remembered**  
**4 ID Museum. JUNE 7<sup>th</sup>**  
**0830-1600**

- **Reenactors in WWII uniform**
- **Vehicle displays**
- **Fire power display**
- **Grenade throwing for kids**

• **Location Gate 1, Fort Carson**  
**For More Info call 719-524-0915**





## EVANS ARMY COMMUNITY HOSPITAL PAIN SCHOOL (FLYER)



### Evans Army Community Hosp Pain School

Date:	Every Thursday Afternoon <b>NO APPOINTMENT NEEDED! WALK-INS WELCOME!</b>
Time:	1300 - 1400, General information 1400 - 1500, Ongoing advanced topics
Location:	<b>Soldier Family Care Center Conference (SFCC) Room 2104 (near pediatric clinic)</b>
Who:	Patients, family members & caregivers wanting to learn more about pain and workable strategies to managing pain.
Topics:	1. Productive Partnerships, Coping with your Feelings, and staying Safe with your Medications 2. Taking Control of your Pain, Knowledge is Power and Communication is Key, Neuroplasticity
Facilitators:	Dr Michelle Wine, clinical psychologist, Iron Horse Family Medicine Clinic Dr Michael Andrews, clinical pharmacist, Iron Horse Family Medicine Clinic

5/13/2014

POC Iron Horse Family Medicine Clinic

## FAMILY CONNECTION (FLYER)

THE FAMILY CONNECTION "A Welcome Center for Families"

### Army Community Service (ACS) Relocation Readiness Program

## Newcomer Orientation

Are you new to Fort Carson or have you been here a while and can't find what you need? If so, come on by and let's get acquainted! Our staff is here to assist you. Our services include welcome packets, community networking assistance, volunteer opportunities, multicultural support groups (Asian, German, Spanish), computers with CAC access, printers, WiFi as well as faxing and copying

capabilities. We are here to help you. Stop by and visit us or call (719) 526-1070. Our facility is located in building 1354 on Berkeley Avenue. We are open from 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m. Monday, Tuesday, Thursday and Friday. Wednesday we are open from 1 p.m. to 4 p.m. Our facility, along with other ACS facilities are closed on federal holidays and weekends.

**Fort Carson**  
**ACS Center, Building 1526**

**February 24 & 25 / April 28 & 29 / June 23 & 24 / August 25 & 26**

### Van Tour of the Installation & Various Guest Speakers

Financial Readiness; TRICARE; Employment Readiness; Exceptional Family Member Program; Child, Youth & School Services; DFMWR; Wellness Center; Installation Volunteer Program; Office; Legal; Library; Education Center; Family Readiness Group's; Altitude Tips; Colorado Springs Information and much more.

### Lunch and Refreshments & an Opportunity to Meet New Friends!

Free childcare provided with prior registration. Children must be registered with CYSS. For more information or to reserve your spot, call (719) 526-8747 or 526-4390. Or register with [EVENTBRITE.COM](http://EVENTBRITE.COM) by searching Fort Carson Army Community Service.

#### OTHER AVAILABLE SERVICES INCLUDE:

### Loan Closet

Do you need temporary items while your household goods are in transit? If so, come by and see what the ACS Loan Closet has to offer you.

- Hospitality Kits (Dishes, Cookware, Flatware)
- Brooms & Dustpans
- Coffee Makers
- Toasters
- Crock Pots
- Electric Skillets
- Hand Mixers
- Folding Tables & Chairs
- Adult & Toddler Cots
- Vacuums
- Dog Crates (Small, Medium & Large)
- Irons & Ironing Boards
- Pack-n-Play
- High Chairs
- Car Seats (Infant & Toddler)
- Hair Dryers

### Homebuyer's Workshop

**4<sup>th</sup> Wednesday of the month - 1 P.M. to 4 P.M.**  
**ACS Building, 1526**

Interested in purchasing a home? If so, make the first step and register for an upcoming ACS Homebuyer's Workshop. Topics will include: preparing for home ownership; choosing a realtor; selecting the right house for you and/or your family; obtaining the right mortgage; and understanding the closing process.

### Immigration and Naturalization Assistance

Do you need general Immigration and Naturalization information? We can assist you with immigration issues, to include: Visas, greencards, INS forms and citizenship.

Due to the high demand, appointments are required.

For more information or to make an appointment, call (719) 526-9348.

### Multicultural Support Group

**Did you know that the ACS Relocation Readiness Program offers a Multicultural Support Group every month? Children are always welcome!**

**For more information, call 719-526-1070/0457.**

**For more information or to register for any ACS class or event, visit [EVENTBRITE.COM](http://EVENTBRITE.COM), or scan the QR code on the left. Also, like our ACS Facebook page to stay updated on upcoming classes and events.**

Eventbrite



Facebook

ACS Incident Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 1000 a.m. start time with the exception of the Family Enrichment events (i.e., AFTR, FRG, ITC, Bear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit [www.carson.army.mil](http://www.carson.army.mil) or call (719) 526-0096. We apologize for any inconveniences that this may cause.

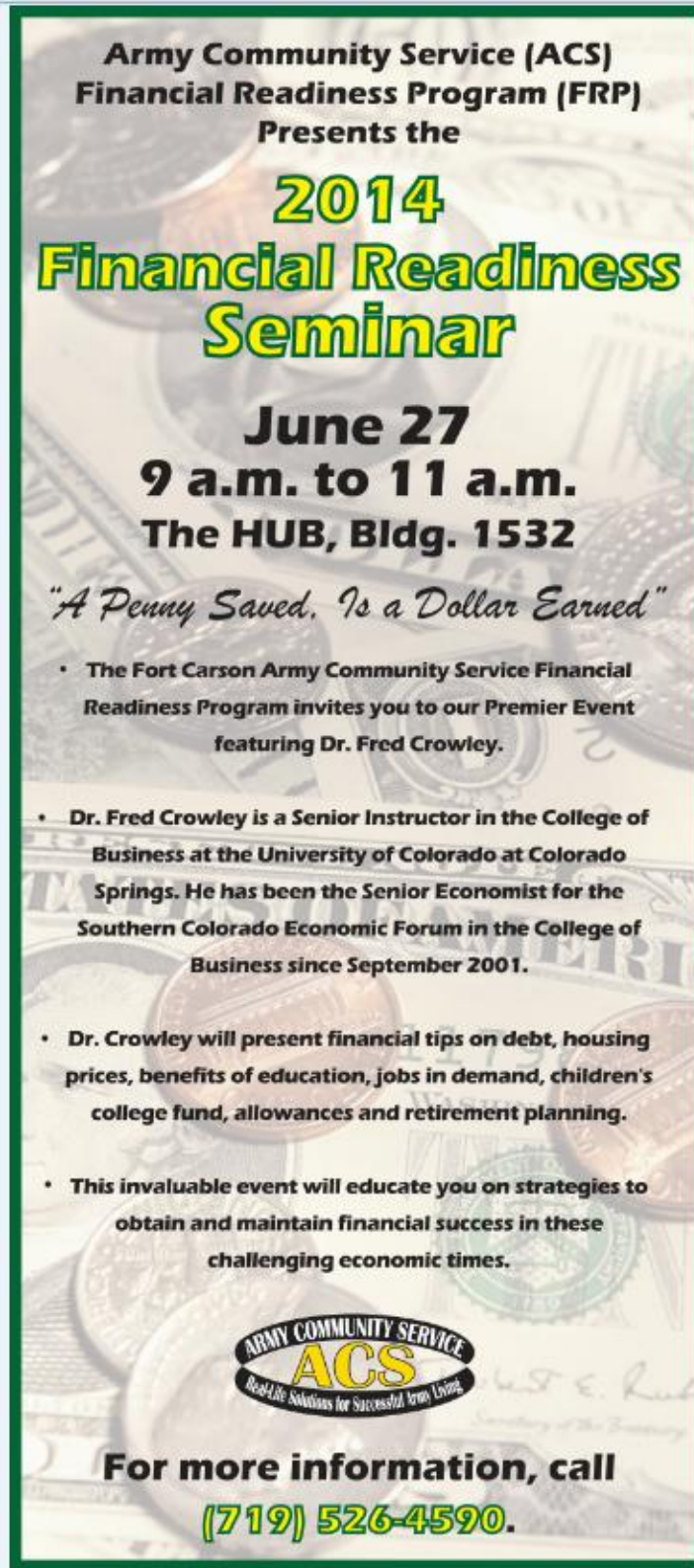
Army Community Service (ACS), ACS Center, Building 1526, 6303 Wetzel Avenue, Fort Carson, Colorado 80913-4104 / TEL: (719) 526-4390 / TOLL FREE 1-866-804-6763 / TTY: (719) 526-1949 / DSN 691 / FAX: (719) 526-2637 / WEB SITE: [www.carson.army.mil](http://www.carson.army.mil) (Click on Services) / Facebook Username: Fort Carson Army Community Service / Twitter Username: Fort Carson ACS





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FINANCIAL READINESS SEMINAR (FLYER)




**Army Community Service (ACS)  
Financial Readiness Program (FRP)  
Presents the**

**2014  
Financial Readiness  
Seminar**

**June 27  
9 a.m. to 11 a.m.  
The HUB, Bldg. 1532**

*"A Penny Saved, Is a Dollar Earned"*

- The Fort Carson Army Community Service Financial Readiness Program invites you to our Premier Event featuring Dr. Fred Crowley.
- Dr. Fred Crowley is a Senior Instructor in the College of Business at the University of Colorado at Colorado Springs. He has been the Senior Economist for the Southern Colorado Economic Forum in the College of Business since September 2001.
- Dr. Crowley will present financial tips on debt, housing prices, benefits of education, jobs in demand, children's college fund, allowances and retirement planning.
- This invaluable event will educate you on strategies to obtain and maintain financial success in these challenging economic times.



**For more information, call  
(719) 526-4590.**

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## **FLORISSANT FOSSIL BEDS TO HOST NATIONAL TRAILS DAY AND TEEN HIKING CONTEST**

The National Park Service, the Coalition of the Upper South Platte, and the Friends of the Florissant Fossil Beds will be sponsoring a volunteer, trail maintenance workday on Saturday June 7<sup>th</sup>, 9am-3pm in honor of National Trails Day.

Florissant Fossil Beds trails need your help! Show your love for the park, its 14 miles of trails, and experience a beautiful and unique landscape. Come join National Park Service staff, volunteers and natural resource conservation professionals to perform some much needed trail work.

The project will be "hands on" with varying degrees of difficulty and distance from the Visitor Center. All skill levels are welcome and an appropriate task will be assigned to you. Children over 10 years old can participate with a parent or guardian. Youth groups that are interested in participating need to contact Ranger Jeff Wolin@ 719-748-3253 ext. 202.

Volunteers will meet outside of the Florissant Fossil Beds Visitor Center at the volunteer sign up table at 9am. All volunteers will be required to fill in an official sign up sheet, and attend an orientation/safety briefing before receiving assignments. Work groups will be leaving the Visitor Center area at 9:40 am. Hardhats will be provided and some gloves and safety glasses are available. A light lunch will be provided in the field by the Friends of the Florissant Fossil Beds. Extra water will also be provided.

Please bring; work gloves, sunglasses, sunscreen, water containers, any applicable medicines (including epi-pens, insulin and inhalers), snacks and a sack lunch for those with dietary restrictions.

Please wear; sturdy work boots/shoes with ankle support, long pants, (a long sleeve shirt is recommended). Please leave pets at home.

The National Trails Day event is also the kick-off for a teen hiking contest to be held throughout the summer. The contest, called, "Fourteen4Teens" challenges local area teens (13 - 19yrs) to hike all 14 miles of trails at Florissant Fossil Beds between June 7 and September 28th. All participants will receive a prize and be eligible for a grand prize given out at the September 28 closing ceremony on National Public Lands Day also held at Florissant Fossil Beds. Interested teens can pick up their hiking contest log sheet at the visitor center front desk.

The Fourteen4Teens hiking contest is part of a grant that was awarded to Florissant Fossil Beds National Monument, the Coalition of the Upper South Platte, and the Friends of the Florissant Fossil Beds. The Active Trails grant for \$24,000 will be used to help connect area teenagers with the Monument's trail system through working and hiking. Three area teenagers will be employed through the grant to work on a trail crew.

RSVP by contacting; Jeff Wolin, Florissant Fossil Beds N.M. 719-748-3253 ext.202



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## **FORT CARSON INFORMATION CONNECTION & BLUE STAR FAMILIES-VOLUNTEERS NEEDED**

Are you looking for a rewarding volunteer experience supporting military members and their families as they transition to life in Colorado? Citizen Soldier Connection (CSC) has a great opportunity as Fort Carson ambassadors. CSC is partnering with Army Community Service to operate the Fort Carson Information Connection office in the Colorado Springs airport. Many times, soldiers arrive in the airport and have no idea what to do next. Volunteers will be able to provide directions, in-processing information, transportation options, and, above all, a friendly face welcoming them to Colorado. Detailed training and orientation will be provided on 5 June 2014. If you are interested in being a volunteer contact Elizabeth Quevedo at [Elizabeth@Citizensoldierconnection.org](mailto:Elizabeth@Citizensoldierconnection.org) or 719-577-0177.

Blue Star Families is looking for a volunteer leader to serve as chapter director in Colorado Springs. We are looking for an outgoing individual who enjoys helping others. All training, support, and professional development provided. This is an excellent volunteer opportunity that translates well to a resume - a great opportunity to fill an employment gap that many military spouses have from time to time. Please contact [khenry@bluestarfam.org](mailto:khenry@bluestarfam.org) for more information.

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### **FORT CARSON VILLAGE MAYOR (FLYERS)**

Each year all Fort Carson residents have the opportunity to elect a new Mayor for their designated village. All Village Mayor positions are open to everyone living in Fort Carson Family Housing. There are 17 villages throughout the Fort Carson community. The Army Community Service (ACS) Volunteer Program will conduct the Annual Fort Carson Mayoral Election on 20 and 21 August 2014 at various locations From 0900-1630 so the residents of Fort Carson will be able to elect their village mayors.

WHAT: Annual Fort Carson Election; WHEN: 20 & 21 August, 0900-1630 hrs; WHERE: Army Community Service (ACS), Army & Air Force Exchange Service (AAFES), the Fort Carson Commissary, Evans Army Community Hospital (EACH), Balfour Beatty Communities Joel Hefley Community Center, ACS TMP Military Van (going around the villages) and at the Special Event Center -for 20 August 2014 during the Destination Fort Carson.; WHY: To promote and strengthen Quality of Life initiatives by electing representatives for each of the 17 villages on Fort Carson. By empowering the residents to select their representatives, the residents are able to participate in enhancing their designated communities and Fort Carson. Please visit the Mayoral Office at ACS if anyone is interested in running for a Village Mayor. You need to reside in the housing area to be eligible to run for a Mayor and must 18 years of age.

**Mayors' Election  
20-21 AUG 2014**

Voting Booth Areas:  
ACS/AAFES/Commissary/ BBC/  
Evans Army Hospital/RV going  
around the villages  
Voting hours : 09:00 am – 4:30 pm

**Apply by:  
11 AUG 2014**

You must apply by  
11 August 2014 in order to  
run for Village Mayor



# **WE WANT YOU FOR VILLAGE MAYOR**

**BE A VOICE FOR YOUR COMMUNITY**

*Interested? Contact Joey Bautista, AVC/Mayoral Manager  
6303 Wetzel Ave., Bldg. 1526, Fort Carson, CO 80913  
(719) 526-1082 or [josesimo.r.bautista.civ@mail.mil](mailto:josesimo.r.bautista.civ@mail.mil)*



# VILLAGE MAYOR

## BENEFITS:

- ★ Assisted cleaning of your quarters upon PCS/ETS (after 6 months of service)
- ★ FREE childcare
- ★ FREE computer training
- ★ Get to know your neighbors
- ★ Parking pass for PX
- ★ Valuable training

## ELIGIBILITY:

- ★ There are 17 villages on post.—In order to be mayor of a particular village you must reside within that village.
- ★ Village Mayor positions are open to everyone living within the Fort Carson Family Housing community.
- ★ Must be 18 years of age

## RESPONSIBILITIES:

- ★ Attend monthly mayors' meetings & other community meetings/councils
- ★ Gather concerns, needs, & community recommendations from residents & ensure the lines of communication remain open
- ★ Maintain a regular schedule for phone contacts and maintain village Facebook
- ★ Nominate Village Yard of the Month
- ★ Prepare & distribute monthly newsletters
- ★ Provide timely information on activities & events
- ★ Serve as principal community liaison to develop & implement recreation & social activities & community assistance projects that will build community spirit & improve the quality of life for all residents
- ★ You must apply by 11 August 2014 in order to run for Village Mayor

*Interested in running for village mayor?*

*Contact Joey Bautista*

*6303 Wetzel Ave., Bldg. 1526, Fort Carson, CO 80913*


*(719) 526-1082 or [josesimo.r.bautista.civ@mail.mil](mailto:josesimo.r.bautista.civ@mail.mil)*

FREE MOVIES AT THE FREEPAC (FLYER)

Every Sunday!











# FREE Movies

at the




## FREEDOM


Performing Arts Center


June 1	June 8	June 15	June 22	June 29
				
<b>1:00 p.m.</b> <b>EPIC</b> <b>(PG)</b>	<b>1:00 p.m.</b> <b>Free Birds</b> <b>(PG)</b>	<b>1:00 p.m.</b> <b>The Nut Job</b> <b>(PG)</b>	<b>1:00 p.m.</b> <b>The Smurfs 2</b> <b>(PG)</b>	<b>1:00 p.m.</b> <b>The Lego Movie</b> <b>(PG)</b>
				
<b>3:00 p.m.</b> <b>Legend of Hercules</b> <b>(PG-13)</b>	<b>3:00 p.m.</b> <b>Saving Mr. Banks</b> <b>(PG-13)</b>	<b>3:00 p.m.</b> <b>The Butler</b> <b>(PG-13)</b>	<b>3:00 p.m.</b> <b>RoboCop</b> <b>(PG-13)</b>	<b>3:00 p.m.</b> <b>Fast and Furious 6</b> <b>(PG-13)</b>


Call 524-1163


Located across from the Outdoor Pool on the corner of Ellis  
 and Specker St. (1792 Wallace St., Bldg. 1129)




[More Events and Info at  
www.mwrfortcarson.com](http://www.mwrfortcarson.com)


[CarsonDFMWR](#)


[@ftcarsonnow](#)  
[#CarsonMWR](#)


 Freedom Performing Arts Center  
 1793 Wallace St., Bldg 1129  
 Off Ellis St.



**FREE SATURDAY NIGHT ROLLER SKATING (FLYER)**

**FREE SATURDAY NIGHT  
ROLLER SKATING**

Music! Games! Games! Music!

**Special Events Center**  
**14 JUNE 1600-2000**

Dates subject to change  
Be sure to check the MWR website or call for future dates.  
Open to the Public

Questions? Call SEC 524-1163

 More Events and info at  
MWRFortCarson.com

 Fort Carson Special Events Center  
CarsonDFMWR

 @fcarsonnow  
#CarsonMWR

 Special Events Center  
6550 Spackler Ave., Bldg 1829  
Fort Carson, CO 80913



**FREE SOFTBALL HOME RUN DERBY (FLYER)**



**FREE SOFTBALL  
HOME RUN  
DERBY**

*Preliminary Rounds*  
**Sep. 3, 2014**  
**6 - 8 p.m.**

**Mountain Post Sports Complex**  
2510 Victory Loop, Bldg. 1930

**Registration Deadline: Aug. 22**

**Championship: Sep. 11**

**Final Round: Sep. 11**

To reserve your spot email:  
[levi.hokkala@us.army.mil](mailto:levi.hokkala@us.army.mil)

DoD ID cardholders 18+

**Questions? Call 526-5772/524-0859**

 More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)

 [carson.sports](https://www.facebook.com/carson.sports)  
CarsonDFMWR

 @ftcarsonnow  
#CarsonMWR

 Iron Horse Physical Fitness Center  
6415 Specier Ave., Building 1925  
Fort Carson, CO 80913



# Grant Library's **PAWS** to Read 2014 Summer Reading Program



June 11, 18, 25 & July 9  
10:30 - 11:30 a.m.

Questions? Call 526-2350/2842



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



GrantLibrary  
CarsonDFMWR




@ftcarsonnow  
#CarsonMWR



Grant Library  
1637 Flint St., Bldg. 1528  
Fort Carson, CO 80913





Grant Library's Summer Reading Program Wrap-Up

# CARNIVAL

July 16, 2014 • 1 - 3 p.m.



Celebrate 2014's Summer Reading Program:

Face Painting



Magic Show



Balloon Artists



Questions? Call 526-2350/2842



A young child with dark hair is smiling and playing in a blue inflatable pool. The pool is set up on a grassy lawn. A yellow inflatable ring is visible in the background. The text 'INFLATABLE POOL SAFETY WARNING' is overlaid on the left side of the image. The word 'POOL' is in a large, stylized, yellow font, while 'INFLATABLE', 'SAFETY', and 'WARNING' are in a bold, red, sans-serif font. Below the title, there are three paragraphs of text in a black, sans-serif font, providing information about the risks of inflatable pools and safety measures.

# INFLATABLE *Pool* SAFETY WARNING

An average of 280 children under the age of 5 drown each year in swimming pools, and there are an increasing number of deaths in inexpensive, inflatable pools.

Parents need to be aware that any pool poses a risk to young children. The sides of inflatable pools are flexible and sometimes slanted or low, so it may be easier for a child to climb inside.

Local building codes may require barriers like fences around these pools to protect young children.



CPSC hotline: 800-638-2772  
and 800-638-8270 (TTY)

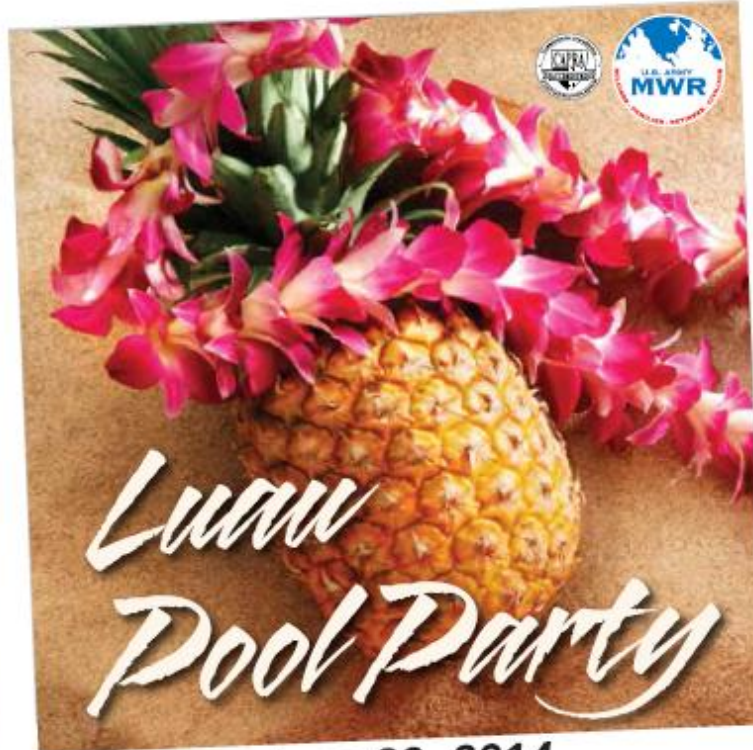


[www.cpssc.gov](http://www.cpssc.gov)

NSN-06-4



## LUAU POOL PARTY (FLYER)



June 28, 2014  
Ellis Street Outdoor Pool  
9 a.m. to Noon

**Come cool off from the summer heat at the Luau. This event will include games and goody bags for the whole family to enjoy.**

Tickets cost is \$1 per person and must be purchased in advance at the Nelson Indoor Pool, 6415 Specker Ave., Bldg 1925.

***The Army has a Water Safety Campaign throughout June.  
Please learn and maintain water safety.***

**Questions? Call 526-3107**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Fort-Carson-OutdoorPool  
CarsonDFMWR



@ftcarsonnow  
#CarsonMWR



Outdoor Pool  
1231 Ellis St., Building 1446  
Fort Carson, CO 80913

Sponsored by: Allied Schools, Al Serra, Armed Forces Benefit Network, Broadmoor Dental, Dawn's Jams Jamerry, Peoples Mortgage, University of Phoenix

## MILITARY COUPLE STUDY (FLYER)



ILLINOIS  
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



Study of  
**MILITARY COUPLES** after **DEPLOYMENT**  
University of Illinois



**Earn up to \$170 in e-gift cards!**

*Are you or your romantic partner  
returning home from deployment soon?*

Military couples are needed for a research study in which both partners complete a 45-minute online questionnaire about their romantic relationship once per month for 8 months.

You each can earn up to *\$170 in e-gift cards* from Amazon, Kohl's, Lowe's, or Walmart (your choice) if you complete all 8 questionnaires.

You are *eligible* if you meet all of the following criteria:

- You are in a romantic relationship,
- You and / or your romantic partner is scheduled to return home from deployment in the next several months,
- Both of you enroll in the study within 7 days of the service member's return home from deployment,
- Both of you have access to a secure Internet connection,
- Both of you have your own email account, and
- Both of you are willing to participate.

To sign up, send an email to [military.couples.study@gmail.com](mailto:military.couples.study@gmail.com) with

- Your name and email address,
- Your partner's name and email address (please indicate which person is returning home from deployment), and
- The anticipated date of the service member's return home.

Questions? Email Dr. Leanne Knobloch, Department of Communication, University of Illinois [knobl@illinois.edu](mailto:knobl@illinois.edu) or visit the study's website <http://publish.illinois.edu/military-couples-study/>.

*This project is funded by the University of Illinois and the U.S. Department of Defense Congressionally Directed Medical Research Programs (proposal number 12154004). Data collection procedures were approved by the University of Illinois (protocol #14387) and the U.S. Army Medical Research and Materiel Command Office of Research Protections Human Research Protection Office (HRPO protocol #A-18032).*



## MOVING AHEAD WITH PURPOSE

Are you a military spouse and looking for work? Don't feel confident? Need some help getting ready to enter the workforce? Then you may benefit from attending this 2.5 day MAP seminar for military spouses. If interested, please contact either the USAF Academy, or Peterson AFB Airman & Family Readiness Centers to register. Next class: 20-22 May 14, at the USAF Academy A&FRC

### Moving Ahead with Purpose (MAP) for Active Duty Military Spouses

Are you looking to *build focus* and *self confidence*? Or are you wanting to *discover*, *clarify* and *strengthen* your *skills*, *values* or *interest*?

#### 2014 DATES

USAF and PAFB are in partnership for this course. You may attend which ever class date that is most convenient to you.

#### PETERSON AFB

19-21 February 2014  
20-22 August 2014

8:30 am - 2:30 pm

and last day

8:30-12:30

\*must attend all days

#### USAF ACADEMY

20-22 May 2014  
5-7 November 2014

8:30 am - 2:30 pm

and last day

8:30-12:30

\*must attend all days



If you are returning to the workforce or are looking for something new to do, this seminar is designed for you and the unique life of the Air Force Spouse. Due to the demanding lifestyle of the military, military spouses are highly capable to accomplish a wide variety of tasks. Though many may consider the accomplishments of the military spouse to be extraordinary, the military spouse considers it all to be "routine". While it is human nature to be humble about your abilities and achievements, when you are in the job search mode you need to make as many people as possible aware of your positive qualities.

- The first two days of this seminar allow you to take the time to reflect your skills, abilities, and interests. Skills taught include social media, networking, resume writing, and interview preparation for your job search
- The last day is where you can put your new skills to work! We will cover how to deliver an effective 30 Second Commercial, allow time to practice and then we will conduct mock interviews.
- We will wrap up our session by having local and national companies, as well as staffing agencies provide concrete advice on the opportunities available to you in Colorado Springs. This is a great networking opportunity.

For more information or to Register call the Airman & Family Readiness Centers at U.S. Air Force Academy, 333-3444 or Peterson AFB, 556-6141. Seats are limited so register early.



Airman & Family  
Readiness Center

## NEWS FROM THE POST EXCHANGE (FLYERS)



A flyer for the "You Made the Grade" sweepstakes. The top half has a blue background with a white box containing the text "YOU MADE THE GRADE" in large, bold, red and blue letters. Below this, the text "It PAYS to make the GRADES!" is written. Further down, it says "Show us your hard earned B Average on your next report card and receive a coupon booklet with savings on videos, music, food and more! Plus, you can enter to win up to a \$2000 Army &amp; Air Force Exchange Gift Card!". The bottom section has a yellow background with the text "Enter the You Made the Grade SWEEPSTAKES \$2000 for a chance to win up to a Army &amp; Air Force Exchange Gift Card". To the right of this text is an image of a gift card. At the bottom right, the text "APR12 12N61002887" is visible.

Effective 31 May, 2014  
**B-Street Express**

**New Hours**

**Mon. 0500 - 2400**

**Tue. - Fri. 0001 - 2400  
(24HRS)**

**Sat. - Sun. 0800 - 2200**



## NEW CONCEPT SHOPS





# MONSTER ENERGY

## FREESTYLEMX.COM

PRESENTED BY  
**A&A**  
TRUCK AND OFF-ROAD

### WORLDWIDE TOUR

**JUNE 14, 2014**

**FORT CARSON  
MAIN EXCHANGE**

**FMX SHOWS START AT NOON**

- Autographs and Pictures With Riders
- Monster Energy Prize Giveaways
- Free Monster Energy Drink Samples

**X**  
EXCHANGE

**X**  
GAMES  
RIDERS

# WORLD'S LARGEST FREESTYLE TOUR

**A&A**  
TRUCK AND OFF-ROAD

**GT**  
TRUCKS & OFF-ROAD

**UNI**

**FOX**  
RACING SHOX

**can-am**

**etnies**

**KELLY**

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**ion shoot/share**

**LUCAS OIL**

**Shred**

**4**

**4**

**LINCOLN  
WELDERS**

**ORW**

**ORW**

**BEARD**

**BEARD**

**WB-40**

**WB-40**



**50th ANNIVERSARY**

# **GOLDEN GIVEAWAY**

**PURCHASE A COMBO FOR  
YOUR CHANCE TO WIN**



# **GRAND PRIZE TRIP FOR 2 TO HAWAII**

**1st Prize - 50 Winners of Tablets**

**2nd Prize - 50 Winners of Subs for a Year**

**3rd Prize - 50 Winners of a \$50 Blimpie Gift Card**

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## **PERFORMANCE TRIAD KICK OFF JUNE 2-6**

Next week Army Medicine is formally kicking off an Army-wide Performance Triad campaign to positively influence the health and behaviors of the entire Army Family. The triad includes SLEEP, ACTIVITY, and NUTRITION, elements that significantly contribute to health, performance and resilience. Army Medicine is focused on transforming from a healthcare system to a "System for Health" to promote healthy behaviors and addresses health issues before they become health problems. The campaign's theme is "Performance Triad: Your prescription for a longer, healthier life". MARK YOUR CALENDARS!

### **EVANS HOSPITAL EVENTS INCLUDE:**

1. Monday June 2: (12:00 PM - EACH West Main Entrance) The hospital commander will kick-off the Performance Triad week followed by an Army Wellness Center presentation on "Activity - Exercise is Medicine" (10,000 steps per day); following this will be a Performance Triad/I-Heart Challenge 1.5 mile Walk/Run.
2. Tuesday June 3: (12:00 PM - 1:00 PM- EACH Cochrane Hall, Room 2513) Performance Triad presentation on the importance and value of "Sleep".
3. Wednesday June 4: (12:00 PM - 1:00 PM- EACH Cochrane Hall, Room 2513) Performance Triad presentation on the importance and value of various types of "Activity" focusing on Tai Chi - which is helpful for improving balance, useful for general psychological health, and producing general health benefits. AND: (12:00 PM - 1:00 PM- EACH West Main Entrance) Performance Triad activity: SPARQ (speed, power, agility, reaction, quickness) sports conditioning - wear your PTs and get ready to sweat.
4. Thursday June 5: (12:00 PM - 1:00 PM-BK George Hall - EACH Training Room 1018) Performance Triad presentation on the importance and value of "Performance Nutrition".
5. Friday June 6: (12:00 PM - 1:00 PM-BK George Hall - EACH Training Room 1018) Performance Triad/I-HEART "PARTY". Everyone is invited to bring a healthy lunch and participate in a Wellness Center-led discussion on the Performance Triad, I-Heart Challenge and the way ahead.

## SESAME STREET/USO EXPERIENCE FOR MILITARY FAMILIES (FLYER)



### The Sesame Street/USO Experience for Military Families



Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

#### PROGRAM HIGHLIGHTS:

- » Featuring Katie, a military kid on Sesame Street who is moving to a new place
- » FREE admission for military families and their children with tickets
- » Mini-show and giveaways
- » For tour information visit: [www.sesamestreet.org/TLC](http://www.sesamestreet.org/TLC) and [www.uso.org](http://www.uso.org)



#### DATE: TIME:

June 25 2 p.m.  
June 26 2 p.m. & 6 p.m.

#### PLACE:

McMahon Auditorium  
Doors will open 30 minutes before show time.

#### FOR TICKETS:

ITR / 526-5366 / Available June 9  
Outdoor Recreation Complex  
7093 Specker Ave., Bldg 2429



Questions? Call 526-1867



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Cancel/M/Reverts  
CancelMWR



@FortCarson  
@CancelMWR



Events & Entertainment  
Bldg. 1217, 1675 Elm Ave.  
Fort Carson, CO 80910



Designated 1130 through the 270



**TRICARE SERVICE CENTER CLOSED (FLYER)**

# TRICARE Service Center

## WALK-IN SERVICE NO LONGER PROVIDED

For **Enrollment** sign-up or questions  
or **Primary Care Manager changes**  
please use:

**TRICARE-ON-LINE:** [www.tricare.mil](http://www.tricare.mil)

Or Call:

**1-877-988-WEST (9378)**

[www.tricare.mil](http://www.tricare.mil)

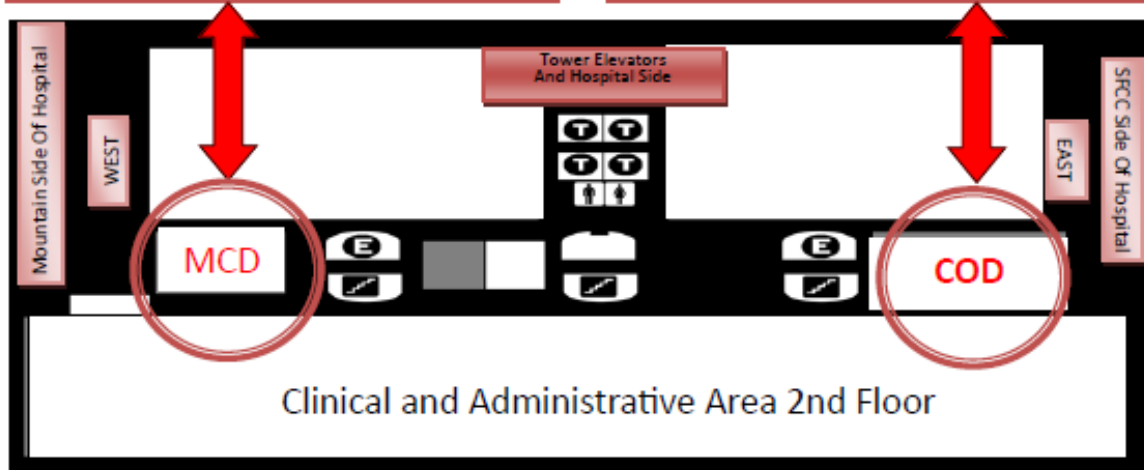


**If You Need Help With **Referrals**:**

The Managed Care Division (MCD) has  
Referral Contact Representatives  
Available To Help You

**If You Are Over 65 And Need Help  
With **T-Plus** or **Enrollment in T-Plus**:**

The Clinical Operations Division T-Plus Staff  
Are Available To Help You



## ULTIMATE FRISBEE (FLYER)



# ULTIMATE FRISBEE

**Mountain Post Sports Complex  
JULY 26, 2014**

**Games start 10 a.m.**

**FREE to participants**

Open to those with a DoD ID and  
16+ years old

**Questions? Call 526-5772/524-0859**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



[carson.sports](https://www.facebook.com/carson.sports)  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[@ftccarsonnow](https://twitter.com/ftccarsonnow)  
[#CarsonMWR](https://twitter.com/CarsonMWR)



Iron Horse Physical Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913

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### **UPCOMING ACS EVENTS**

20 Jun 2014

What: Career Fair (See attached flyer)

Where: Special Events Center

Who: Open to everyone

When: 10AM to 2:30PM

Over 70 Agencies/Companies will be on hand

POC: Mercedes Jamieson at 526-4590

25 Jun 2014 and 8 Jul 2014

What: Waiting Families Program/Game Night

Who: Family members who are waiting for their spouse to return from Deployment, school or short tour assignment.

Event is geared towards the Waiting Families Program and both events will follow the same theme of a Game night for spouses and children over the age of 3.

Where: Family Connection Building 1354, Berkeley Ave

When: 1 - 4 pm

POC: Cathy Wilkins at 526-1053

27 Jun 2014

What: Financial Readiness Seminar (See attached flyer)

Where: The Hub

Who: AD, Military Spouses, All others

When: 9AM-11AM

This Financial Readiness Seminar sponsored by ACS will feature a special guest Speaker, Mr. Fred Crawley.

POC: Jeff Conner at 526-4590

To Register, or for more information, on any of these or other ACS events and programs please call 526-8747 or 526-4590.

You may also register for our events by going to [www.eventbrite.com](http://www.eventbrite.com) and search "Fort Carson Army Community Service".



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### UPCOMING DFMWR EVENTS

#### Community Needs Survey:

The Community Strengths and Themes Assessment (CTSA) is an online community needs survey designed to assess the wellness views of the Fort Carson community. The purpose of this survey is to provide health-related feedback to the Community Health Promotion Council in order to shape Ready & Resilient programming and installation resources. The Fort Carson Health Promotion Office is asking for you to take a moment to complete this anonymous online survey not later than June 30, in order to provide valued feedback regarding your Fort Carson community.

Please click on link below to complete survey:  
<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137456E6E1E88>

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### UPCOMING EVENTS AIR FORCE ATHLETICS

**Follow the Falcons on Social Media** - Remember to follow the Falcons on Facebook and Twitter to receive unique insight into your favorite AFA teams, upcoming events at the Academy, ticket discounts, promotions and special contests throughout the year. Logon to Facebook and search [Air Force Athletics](#) to become a fan. Follow the Falcons on Twitter @[AF\\_Falcons](#).

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### USO EVENTS (FLYER)



USO  
COLORADO SPRINGS

Friday June 6<sup>th</sup>- USO Summer Concert Series 11am to 1pm  
Saturday June 7<sup>th</sup>- Papa Johns Tour  
Friday June 13<sup>th</sup> - USO Summer Concert Series 11am to 1pm  
Friday June 20<sup>th</sup>- USO Summer Concert Series 11am to 1pm  
Friday June 27<sup>th</sup>- USO Summer Concert Series 11am to 1pm  
Friday June 27<sup>th</sup>- *The Sesame Street/USO Experience for Military Families*  
Saturday June 28- *The Sesame Street/USO Experience for Military Families*

\*Please join us for Crafts for Kids every Saturday in June from 12pm to 2pm

As -always, the USO is open 7 days a week for soldiers and their families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs.



VACATION BIBLE SCHOOL (FLYER)

**June 9-13**

*Sponsored by  
Fort Carson  
Religious Support*

Group  
**WEIRD  
ANIMALS**  
Where Jesus' Love Is One-of-a-Kind

**Age 4 - completed 5th grade**

Registration begins May 1.  
POC: Heidi McAllister,  
heidi.a.mcallister.civ@mail.mil

Want to volunteer?  
POC: Pat Treacy, 524-2458  
patricia.a.treacy2.civ@mail.mil

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**WAITING FAMILIES PROGRAM/GAME NIGHT**

Dates of Event: June 25 from 1 - 4 pm, and July 8 5:30 - 7 pm

Location: Family Connection Building 1354

Contact Cathy Wilkins at 526-1053 for more information.

Event is geared towards the Waiting Families Program and both events will follow the same theme of a Game night for spouses and children over the age of 3.

Connect with other family members who are waiting for their spouse to return from Deployment, school or short tour assignment.

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**\*\*This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**